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ABSTRACT

This book suggests that a crucial part of becoming an effective instructional leader is the development of positive relationships with students, staff, and parents. The principal's mission, need for counseling skills, and roles as facilitator and manager are discussed. Life inside the school involves being able to quickly assess many types of problems and determine what referral should be made. Critical signs and brief information are provided on 14 groups of mental health disorders. The process of helping, specifically an integrative approach to counseling, and the applications of helping skills by principals are discussed. The skills of helping, such as listening, empathic resonance, questioning, reflecting feelings, goal setting, problem solving, reframing, cognitive restructuring, confrontation, and encouragement are discussed. Process-oriented helping strategies for use with groups of children and adults, and skills for use in parent conferences including "ways to be" and "things to do" are presented. "Consulting Effectively with Other Professionals" covers the skills of consulting and using consultants. This book can be used as a resource text within a training program for principals or for professional development. (EMK)

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